



Tai Chi for Wellness

FREE classes for caregivers of loved ones with memory loss.

Come on your own or with your loved one!

(Limited respite may be available - call to inquire.)

Others are welcome to enroll - space permitting.

Wednesdays & Fridays, 1:30-2:30pm

September 4 – October 25

Seneca County Office of the Aging

2465 Bonadent Dr. (Suite 4), Waterloo

For more information or
to register:

Call or email Wendy 585-244-8400 x130

wfambro@lifespanrochester.org



What is tai chi?

Tai chi combines slow moving with deep breathing.

What are the benefits?

Increase strength,
balance & posture.

Prevent falls.

Improve
mind, body &
spirit.

Reduce stress and
increase relaxation.